

D.C. OFFICE ON AGING NEWSLETTER



Amanda Lewis, 101



Carrie Eaton, 102



Agnes Mae Jackson, 101



Father James Martin, 102



Lucie Bryant, 100



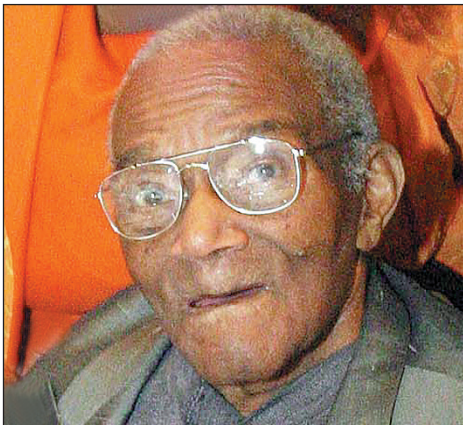
Mildred Pickens, 100



Sallie Childs, 100



Bertha McMurdock, 100



Howard Mitchell, 101



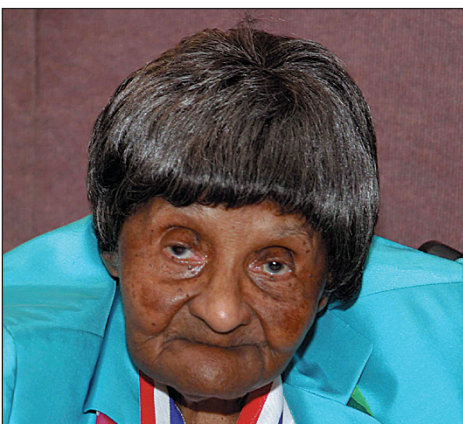
Robert Thompson, 103



Rose Finley Hughes, 101



Sadie Scott, 104



Martha Merritt, 101



Louisa Espinosa, 101



Walter Ruth, 102



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Community Calendar

Announcements

If you live in Wards 2, 5 or 8 and are 55+ years old and have asthma, please call the Greater Washington Urban League to participate in its asthma project for seniors. For further information, call Leanetta Obasanjo at 202-529-8701.

Cab driver alert for the Call N' Ride program in the District of Columbia: If you are a cab driver and want to increase your earnings, please call 202-529-8701 and speak with Judy Hooks.

November events

4th • 10 a.m. to noon

DaCosta Mason, AARP national coordinator for state affairs, will present a program on funeral and burial accounts at IONA, 4125 Albemarle St., N.W. For information or to register, call 202-434-2094.

4th and 18th • 1 to 3 p.m.

The topic of IONA's Reminiscence Group on Nov. 4 will be "Heroes and Heroines: Those We've Admired," and on Nov. 18 Joan Lewis will lead a discussion about Classical Music. For more information, call 202-895-9448.

4th • 1 to 4 p.m.

Michael Knipmeyer, with the Health Insurance Counseling Project, answers questions about Medicare, HMOs, long-term care insurance, paying medical bills, paying for prescription drugs and many other concerns facing seniors. Walk in or make an appointment by calling 202-895-9448.

4th • 2:30 to 4 p.m.

Join IONA Senior Center for tea with piano music. For more information, call 202-895-9448.

5th • call for times

The Oasis Senior Center, 1226 Vermont Ave., N.W., will be giving flu shots to seniors who are homeless in the D.C. area. For further information, please call Vivian Grayton at 202-529-8701 or Vincent Martin at 202-265-2017.

9th • 2:30 to 3:30 p.m.

IONA Nutrition Seminar – Dr. Linda Smith, RD, IONA's nutritionist, will be leading a seminar, "Antioxidants to Boost Your Immune System: Buy Better, Feel Better." She will talk about foods and nutrients that can help you stay well. The seminars are free, but please register by calling 202-966-1055.

15th and 18th • 10 a.m. to 3 p.m.

Brush up on your driving skills with AARP's driving program. Participants must attend both sessions in order to pass the class and receive the auto insurance discount many companies offer. This is a defensive driving course for anyone 50 or older. The fee for the class is \$10, payable on the first day of class. Parking will not be available in the IONA garage. To register, please call 202-966-1055.

17th • 9:30 a.m.

Barney Neighborhood House, Campbell Heights Nutrition Center will sponsor a trip to "Charlestown Casino." Continental breakfast will be served. Bus leaves from Campbell Heights, 2001 15th St. The cost is \$15 with a \$5 rebate. For more information, please contact Ms. Dupree at 202-939-9035.

17th • 11:30 a.m. to 3 p.m.

Join Washington Seniors Wellness Center in touring the newly opened American Indian Museum. For details, call 202-581-9355.

18th • 10 a.m. to 2 p.m.

The Greater Washington Urban League, Division of Aging and Health Services, will hold its 19th Annual Thanksgiving Luncheon at the D.C. Armory. For reservations, call Vivian Grayton at 202-529-8701.

22nd • 1 to 2 p.m.

The program "Crime Prevention Seminar – Ward 7 Hot Spots" is being held at Washington Seniors Wellness Center, 3001 Alabama Ave., S.E. Learn information about your community, ways to prevent becoming a victim, and tips to help your community fight crime. For details, call 202-581-9355.

29th and 30th • 10 a.m. to 4 p.m.

Washington Seniors Wellness Center is hosting the 55+ Alive Senior Driving Program. Come to the center at 3001 Alabama Ave., S.E., to get updated driving information and improve your driving skills for today's fast-moving pace. Call 202-581-9355 for more information.

Early December event

December 9th • 11 a.m. to 2 p.m.

The 7th Annual Senior Holiday Celebration, presented by Mayor Anthony A. Williams and the D.C. Office on Aging, will be held at the D.C. Armory, 2001 East Capitol Street, SE. The event will feature music, lunch, live entertainment, health screenings information, public safety and support programs. To reserve your ticket today, call 202-724-5626.

Ongoing

Tuesdays & Thursdays • 11 a.m. to 1 p.m.

Model Cities Senior Wellness Center offers "Lifetime Fitness Program to Prevent Obesity." Learn fitness for life by integrating physical activities, nutrition and health education programs to prevent weight gain and combat obesity. The center is at 901 Evarts St., N.E. For details, call 202-635-1900.

**Tune in to
"Senior Talk"
with Doris Thomas,
November 27, 5 p.m.,
WOL 1450 AM.
To call in, dial
1-800-450-7876.**

Tap into a dedicated and experienced employment pool today - Hire an older worker!
They are reliable, hard working and experienced. Employers interested in hiring a valuable resource may call the Office on Aging Older Workers Employment and Training Program at 202-724-3662.

Frequently Asked Questions About Coliform Bacteria

In an effort to keep the public informed and educated about the District's water supply, the Health Department is providing answers to the following frequently asked questions.

Q: Is the District's water safe?

A: Based on current evidence, the water supply is safe. No general "boil water" alert is necessary. However, special populations, such as those with severely compromised immune systems (AIDS), cancer patients (chemotherapy), frail elderly people, and families with infants under the age of two months should ask their doctors if they should take extra precautions such as boiling water.

Q: What are total coliform bacteria?

A: Total coliform bacteria, often called "coliforms," are a kind of germ most commonly used to identify contaminated drinking water. Finding coliforms in water suggests there may be some water contamination and therefore a need for further testing.

Q: Is coliform a health threat?

A: Coliform is not a health threat in itself. It is used to indicate whether other potentially harmful bacteria are present. Currently, no harmful bacteria have been found in the District's water supply.

Q: Is the District's level of coliform high?

A: Yes. Recent tests have found elevated levels of total coliform bacteria in the District's water supply. There is no evidence that anyone in the District has become sick from the water.

Q: Will a water filter work to keep coliform bacteria out of my water?

A: Residents must review the water filter's manufacturer's guide to determine its effectiveness against coliform bacteria.

Q: How will I know if my water becomes unsafe?

A: Your water system is required, by law, to notify you if your water is not safe. In addition, the Department of Health will continue to inform you about any changes in water quality that are important to your health.

For additional health information, contact the District of Columbia Dept. of Health at 202-671-0733 or visit our Web site at www.dchealth.dc.gov.

SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents. Advertising contained in the Senior Beacon is not endorsed by the D.C. Office on Aging or by the publisher.

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The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.

Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.